

What Can I Do?

Posted by YeshivaBoy - 14 Jul 2013 11:26

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im 18 and new to this site.

ive already sifted through some of the advice on the site and i can't figure out what would work best for me.

maybe the other users can help me.

I've had trouble with internet and MZL since i was 13. I've tried many times to correct the problem by myself. i got k9 on my computer, and threw out my ipod with internet capability. this has solved some of the problems but far from all of them. these are the main 3 which hopefully i could get help with.

1. there are always ways around filters. however this problem wont be nogeah for much longer because i will be going away to yeshiva where there is zero access to internet.

2. i am constantly plagued with hirhurim that are spiced up with all the things I've ever seen and read so they are particularly strong.

3. as a result of problems 1 and 2, it is seemingly impossible to stop the masturbation. even without problems 1 and 2, ive already become addicted to doing it although I've worked my way down from daily to weekly and sometimes every two weeks, but any time past that, the yetzer hara finds a way to get me.

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Re: What Can I Do?

Posted by gibbor120 - 18 Jul 2013 01:33

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Oy vey. Ok ok,

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hi, my name is gibbor and I have green elephant deficiency disorder